

For more information

Availability may vary in your location. Some pharmacies may provide the vaccines. Home health care agencies may provide the vaccine. Many health care providers offer the pneumococcal vaccine at the same time that they offer flu shots, but it is not necessary to wait until the fall to get yours.

How?

If your doctor has not recommended this shot for you and you fall into one of the categories in the list of "who needs the PPV," ask your doctor or pharmacist about it.

Pneumococcal vaccine is paid for by Medicare if you have Medicare Part B. If you do not have Medicare Part B or a supplemental policy that covers the vaccine, it may be available through your local health department or a home health care agency at a reasonable price. Your life is worth it, don't hesitate to get your shot today.

Talk to your doctor or pharmacist
Call your state or local health department
Call the Centers for Disease Control and Prevention (CDC) at
1-800-232-7468 (English) or
1-800-232-0233 (Spanish)

If you don't know if you've received a pneumococcal vaccine, check with your doctor.



Indiana and Kentucky
Medicare Peer Review Organization

Medicare Beneficiary Hotline
1-800-288-1499

www.hce.org

PNEUMONIA VACCINE

**Pneumococcal Polysaccharide
Vaccine or**

PPV

What is it?

Who needs it?

Is it for me?

*When, where, and
how do I get it?*

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information.*



What is Pneumococcal Polysaccharide Vaccine (PPV)?

This is a recommended vaccine for adults and protects them against 23 types of pneumococcal bacteria. Adults in fairly good health who get the vaccine will develop protection within 2 to 3 weeks of receiving the shot.

Pneumococcal disease is a **serious** disease. It can lead to infections of the lungs (pneumonia), the blood (bacteremia), and the covering of the brain (meningitis). People can die from these diseases. In fact, about one person out of every 20 who get pneumonia die from it. People over 65 years of age and those with serious health problems are more likely to die from the disease.

Pneumococcal disease can be a complication of the flu. It is important to take a flu shot every year to reduce the chances of getting pneumococcal disease.

Who needs the PPV?

- All adults 65 years old and older
- Anyone with health problems such as
 - heart disease - diabetes
 - lung disease - liver disease
 - kidney failure - cancer
 - organ transplant - no spleen
 - HIV or AIDS
- Anyone taking long-term steroids or radiation therapy
- Alaskan Natives and Native Americans

Is it for me?

If you fit into any of the groups listed above, YES, it is for you.

If you have had pneumonia in the past and haven't had the vaccine, YES, it is for you.

You **cannot** get pneumococcal disease from the vaccine. It is safe and effective in preventing the disease.

The most common side effect of the shot is slight redness or discomfort at the site of the shot.

When, where, and how do I get this very important vaccine?

When?

Unlike the influenza or **flu** shot, this vaccine is not needed every year. For most adults 65 years of age or older, it may only be needed once.

For adults who were under age 65 when they received their pneumococcal vaccine, a second dose is recommended after age 65 if it has been 5 or more years since the last shot.

Your doctor may recommend that you have more than one if you have serious health problems that put you at more risk for this disease. You'll need to talk with your doctor about this.

The vaccine can be given at any time of the year, not just in the fall like the flu shot.

Where?

You can get a pneumococcal vaccine through most doctors, at clinics, and through many health departments.

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